



CHALLENGES IN CAREGIVING

GIVING CARE, TAKING CARE

A CONFERENCE FOR FAMILY AND PAID CAREGIVERS

JUNE 1, 2009

9:00AM – 4:30PM • TUKWILA COMMUNITY CENTER

Caring for an elder or an adult with disabilities?

Learn how to:

- ♥ Manage **DIABETES**
- ♥ Talk with your **DOCTOR**
- ♥ Find the **HELP YOU NEED**
- ♥ Reduce **CAREGIVING STRESS**
- ♥ Plan for **LEGAL & FINANCIAL ISSUES**
- ♥ Problem-solve **BEHAVIORS** in persons with **DEMENTIA** or **DEVELOPMENTAL DISABILITIES ... & MUCH MORE!**

Early Registration Deadline

Reduced fee until May 19, 2009

- ♥ \$25 – family and volunteer caregivers
- ♥ \$50 – agency-based caregivers

Limited space – you must pre-register

There is no registration at the door

Call for more info!

To receive a conference brochure and registration form, call:

(360) 725–2544 or 1 (800) 422–3263

KEYNOTE SPEAKERS



Vicki Rackner, MD
Surgeon & Expert in
Doctor-Patient
Relations



Art Thiel
Sports Columnist
Speaking on
Family Caregiving



“I leave the conference feeling **VALIDATED** and
INSPIRED and look forward to every year!”

— 2008 attendee

Aging and Disability Services Administration

P. O. Box 45600, Olympia, Washington 98504-5600

Please Recycle



Who Should Attend the Challenges in Caregiving conference?

Family Caregivers — In-Home Caregivers — Adult Family Home Providers and Employees — Volunteer Chore Workers —
Respite Workers — Home Health Aides — Individual Providers — Assisted Living Facility Staff